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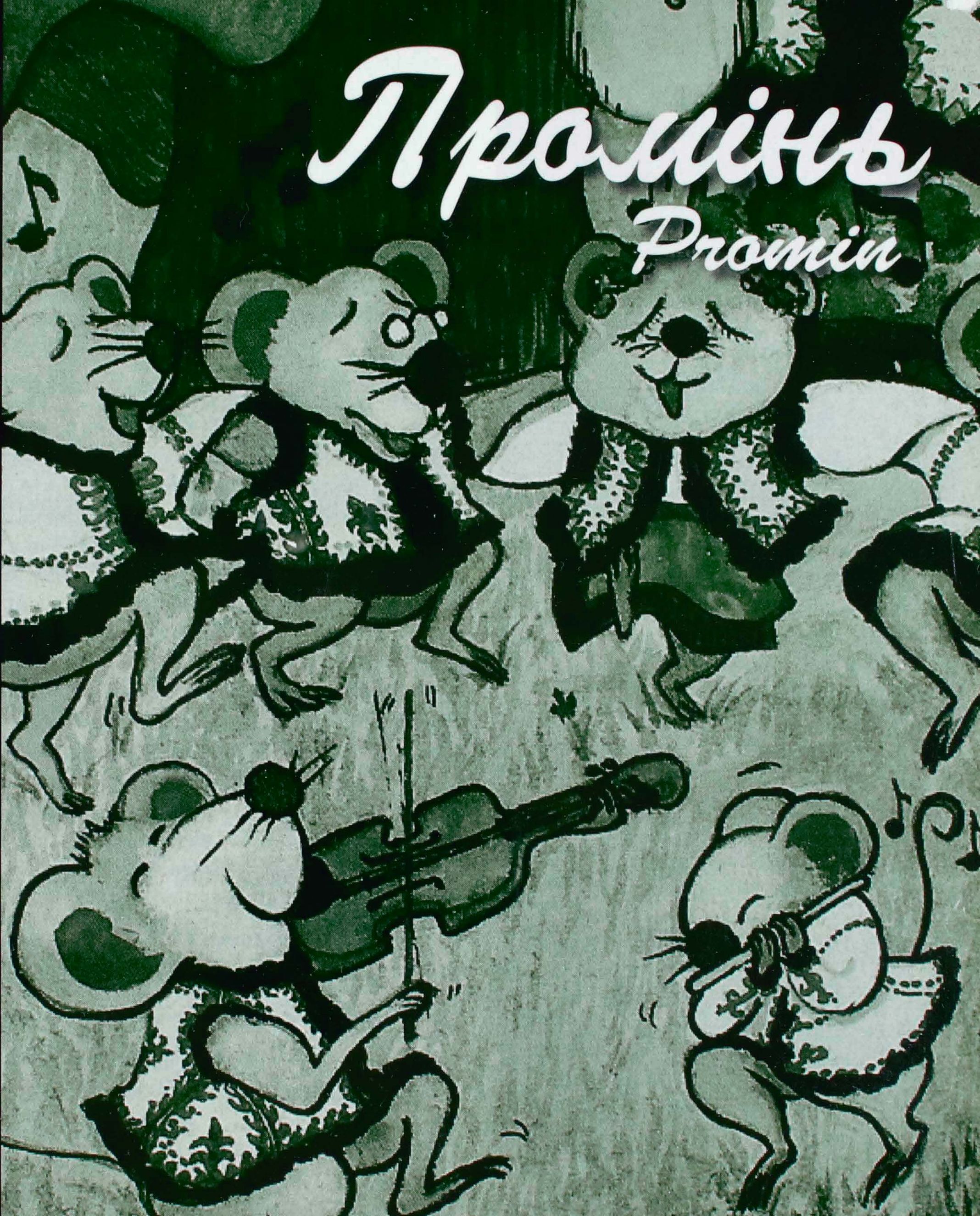

З'їзд СУСу 2017

USRL Convention 2017

Історія 125-тьох канадок

125 Stories of Immigrant Women

Огірки

Cucumbers

Союз Українок Канади

June/July 2017 Issue

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Рік LVII
червень - липень 2017 р.

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Administrator - Betty Corlett
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CONTENTS

Редакційна	3	Editorial
Вісті від голови централі	6	News from the National President
Слухаємо своїх читачів	8	Letters to the Editor
Куток адміністраторки	10	Administrator's Corner
Членки Краєвої Управи	11	Meet the National Executive
Новини відділів	12	News from Our Branches
СУМК	16	UOY
Історія 125-тьох канадок	19	125 Stories of Immigrant Women
Любимо свій город	22	For the Love of Gardening
З'їзд СУСу 2017	26	USRL Convention 2017
Квіти незабутнім	30	In Memoriam
Увага художниці	35	Artist in the Spotlight

Союз Українок Канади
Ukrainian Women's Association of Canada

National Office
10611 - 110 Avenue
Edmonton AB T5H 1H7

Betty Corlett (Admin)
3019 - 43B Avenue
Edmonton AB T6T 1C1

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Nous reconnaissons l'appui financier du gouvernement du Canada.

Canada

РЕДАКЦІЙНА

EDITORIAL

Leona Bridges
Editor

Dear Readers,

There is talk of restructuring the USRL of Canada. On April 25, I attended an information meeting at St. John's Cultural Centre in Edmonton where Emil Yereniuk presented a plan for re-structuring the 90-year--old organization. He was assisted by Lesia Perritt and Dennis Kuchta.

Emil unveiled a power point presentation that is the result of years of work by the Joint Standing Committee of the UOCC/USRL and workshops held by the NEC of the USRL of Canada. Since 2004, the structure of the organization and its component parts has been under discussion. An all-day workshop at the last Biennial Convention in Calgary (2015) had delegates concluding that one of the strengths of the USRL is its highly developed democratic structure. Indeed, a great deal of time and energy is required of its members to maintain it. Is this time and energy that would be better spent accomplishing the main objectives of the organization? I think so.

Some say that re-structuring is not required. It will not save us from declining membership and declining interest in what we do. That is unfortunately true. It will take more than re-structuring to save the USRL of Canada.

However, I see it as a necessary step on the road to change. I am in favour of simplifying and consolidating, of eliminating excesses. We must fall back to go forward.

How we re-structure the organization is a matter to be seriously discussed. Our ideas and advice in this regard are being sought by our leadership. Let us give some thought to this prior to the Convention and let us make sure that our voices are heard.

Congratulations to the USRL of Canada with Dr. Tony Harras at the helm for the democratic manner in which it has handled this sensitive issue.

Sincerely,

Leona Bridges

Дорогі Читачі!

Пропоновано перетворити Союз Українців Самостійників у Канаді. 25-го квітня, 2017 р., в Едмонтоні в Культурному Центрі Катедри св. Івана, я взяла участь у дискусіях про відновлення 90-річної організації. Омилян Єринюк подав інформації, а йому допомогли Леся Перритт і Денис Кухта.

Почерез серію діяпозитивів та відео, Омилян представив пророблену працю Спільного Комітету УПЦК та СУС у Канаді як також Краєвої Управи СУС, аж від 2004-го року. Люди вже роками шукають спосіб придбати та відсвіжити членство наших свідських організацій.

Обговорення цієї справи на останньому З'їзді в Калгарі (2015 р.) показало, що СУС має славну демократичну структуру. Щоб її підтримати, треба нашим провідникам присвячувати їй значно часу та енергії. Чи не було би краще присвятити цей час досягненню наших організаційних мет? Мені так здається.

Дехто каже, що не треба ніякого реорганізовування. Це нас не ви-

рятує; воно не притягне до нас членів яких ми згубили, ані нових членів. На жаль, мають рацію. Просте реорганізування без іншого старання не вирятує справу і не спасає СУС.

Але , по мойому, це перший крок по дорозі до великих змін. Я за тим, щоби ми спрощували та укріпили свої установи, ліквідували надмірність. Може треба дещо покинути, щоб звільнити себе з надмірних обов'язків.

Треба буде належно обговорити як ми мали б змінити свої устанони. Наші провідники шукають нашої доброї поради. Подумаймо про цю справу перед тим, що зійдемося в Вінніпезі та будьмо готові висловити свої думки на надходячому З'їзді.

Слава СУС-ові та його голові др. Антонієві Гаррас, що демократичним способом стараються представити й розвідувати це складне питання!

Щиро,

Леона Бриджес

Front & Back Cover: Illustration details by Larisa Sembaliuk-Cheladyn

Promin Donations with Anketa Submissions:

• UWAC, St. Anna's, St. Anthony's, Edmonton, AB	$ 250.00
• UWAC, Lesia Ukrainka, St. Elia UOC, Edmonton, AB	$ 500.00
• UWAC, Olena Pchilka, Church of the Holy Trinity, Myrnam, AB	$ 25.00
• UWAC, Lesia Ukrainka, Holy Trinity UOC, Two Hills, AB	$ 100.00
• UWAC, Olha Kobylianska, St. Dimitrius, Chilliwack, BC	$ 50.00
• UWAC, Lesia Ukrainka, UOC of All Saints, Kamloops, BC	$ 200.00
• UWAC, Lesia Ukrainka, UOCC Cathedral, Vancouver, BC	$ 200.00
• UWAC, Kn. Olha, St. Mary the Protectress UO Cathedral, Winnipeg, MB	$ 50.00
• UWAC, Lesia Ukrainka, UOC of St. George, Dauphin, MB	$ 100.00
• UWAC, Daughters of Ukraine, St. John the Baptist, Roblin, MB	$ 35.00
• UWAC, Sophia Rusoza, St. Demetrius UO Sobor Etobicoke, ON	$ 300.00
• UWAC, Kniahynia Olha, St. Mary's, Gronlid, SK	$ 25.00
• UWAC, Olena Pchilka, St. John the Baptist North Battleford, SK	$ 100.00
• UWAC, Daughters of Ukraine, Descent of the Holy Spirit Regina, SK	$2,500.00
• UWAC, Hanka Romanchych, UOC of All Saints Saskatoon, SK	$ 450.00
• UWAC, Olena Pchilka, Holy Transfiguration, Yorkton, SK	$ 500.00

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Donations

• Dankowich, Nadia, Oakville, ON	$ 25.00
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• Krochak, Dobr. Donna, Calgary, AB	$ 10.00
• Latyshko, Olena, Etobicoke, ON	$ 50.00
• Samcoe, Emelia, Saskatoon, SK	$ 30.00
• Semeniuk, Pauline, Yorkton, SK (Easter greeting)	$ 100.00
• UWAC, Dominika Ohienko, Lac La Biche, AB	$ 100.00
• UWAC, Smoky Lake, AB	$ 100.00
• UWAC, St. Olha, Vernon, BC (Easter greeting)	$ 100.00
• Zenchyshyn, Anne, Swan River, MB	$ 25.00

Donations in Memory of...

• Ani, Lona and the Gulutsan Family In memory of Mother Lena Gulutsan (1924-2017)	$ 100.00
• Graham, Olga, Ottawa, ON In memory of sister Doris Maleschuk	$ 100.00
• Kitt, Helen, Sherwood Park, AB In memory of husband Morris Kitt (Apr 13, 2016) and parents Doris (Feb 2007) and Nicholas (Dec 1982)	$ 100.00
• Mekitiak, Jean; Hydamaka, Lorraine; Mekitiak, John, Calgary, AB In memory of Mary Ann Coput (Mar 6, 2017)	$ 50.00
• Sametz, Rosalia, Richmond Hill, ON In memory of husband William Sametz, son of Pioneer Priest Dr. Rev. Peter Sametz and Dobr. Kateryna, and Grandson William Chewchuk, son of Walter and Gloria Chewchuk	$ 300.00
• Ulan, Chris & Keir, Doreen, Saskatoon, SK In memory of Mother Sophia Wasylyshyn	$ 100.00
• UWAC, Sophia Rusova, Etobicoke, ON In memory of Rose Boyko (Feb 21, 2017)	$ 50.00

May their Memories be eternal. Вічная пам'ять!

The Board and staff of Promin wishes to thank every donor for each donation. We fully understand the service, the dedication and the commitment that each dollar represents and we are honoured by, and thank you for, your support.

UWAC National President

Lesia Perritt
UWAC National
President

Щира подяка всім відділам Союзу Українок Канади, які вчасно до централі вислали Анкету, членські вкладки і список пожертв. Якщо ви ще не вислали анкету, просимо якнайскоріше це зробити. Я певна, що багато з вас радо її відіслали Управі перед Великоднем, щоб спокійно взяти участь у відправах Страсного Тижня та щоб підготуватися до святкування Воскресіння нашого Спасителя Ісуса Христа. Вже Свято П'ятидесятниці минає і літо скоро надходить.

Thank you to all the UWAC branches who have submitted their "Anketa" (questionnaire), membership fees and list of donations to the national office in a timely fashion. If you missed submitting your branch questionnaire before the end of our fiscal year on May 31, please do so as soon as possible. I am sure many of you were relieved to get it into the mail before Easter so that you could peacefully attend the deeply spiritual services during Passion Week and make necessary preparations for the celebration of the Resurrection of our Saviour Jesus Christ. As we celebrate the Pentecost, we realize that summer is rapidly approaching.

60th Biennial Convention of the Ukrainian Self Reliance League (USRL/CYC)

Honouring Our Past ~ Designing Our Future; Шануймо Наше Минуле ~ Розвиваймо Наше Майбутнє

The USRL Convention will take place at the Delta Marriott Hotel, 350 St. Mary Avenue in Winnipeg, Manitoba from Thursday, August 10 to Sunday, August 13, 2017. In addition to various speakers, presentations, and a biennial AGM, there will be discussion on the proposed restructuring of USRL.

As a component organization of USRL, the Ukrainian Women's Association of Canada (UWAC) will conduct its AGM at the convention with presentation of reports, the passing of resolutions and the election of a new executive for the ensuing two years.

All convention information has been sent either electronically or in hard copy to each UWAC branch president and alternate contact. The registration deadline for the convention is **June 30, 2017;** there is an extra charge for late registration. The convention program, registration form and

hotel booking information is also available at the following website: **usrl-cyc.org.** To see what our youth is planning for the convention, go to their exciting website at **cymk.ca**. Additionally, we have included information about the Convention, a tentative program and a registration form in this issue of Promin.

Each UWAC branch is urged to send delegates to participate in the convention. All branches are allowed at least two delegates. For larger branches, after two delegates are selected for the first 10 members, another delegate may attend for each additional 25 members. Presidents are asked to provide a list of approved and registered delegates from their branches at registration deadline.

We look forward to sharing ideas and information, making plans, renewing acquaintances and meeting new friends in Winnipeg!

Thank you/Дякую

Thank you to the branches who have donated funds to the UWAC National Office to offset the $10,000 pledge we made to the SUS Foundation of Canada for our part in maintaining a National Youth Organizer. Your generosity is gratefully appreciated. Other branches are encouraged to contribute whatever they are able in support of this worthwhile initiative.

Awards for Member Service

Remember to honour UWAC members by acknowledging their years of membership and dedication to your branch. On special occasions, introduce them with a short biography of their contributions to the organization and present them with certificates and pin chains showing the years of service. Pin chains, to attach to the torch pin - смолоскип, are available for every five years, from five to eighty years of membership. Awards may be presented at an AGM, Feast day, membership tea, parish potluck, or a similar special event.

Preserving History Through Eulogies

Vickie Martinuk, a Soyuzanka from St. John's Cathedral Branch in Edmonton, once mused about eulogies. At funerals, we all have heard fascinating details of a reposed member's life including his/her work in building and supporting the church and parish community. This life history is heard, but usually not preserved by the parish. Vickie suggested we ought to be gathering and archiving eulogies, which document the lives of members as part of the history of a parish. Eulogies, and the obituaries downloaded from newspaper websites, may be archived either electronically or in hard copy. Thank you for your suggestion, Vickie.

UWAC Welcome Packages, Pins and Certificates

A Welcome Package is available for all new Ukrainian Women's Association of Canada (UWAC) members. Branches may purchase the Welcome Package for distribution to new members at a cost of $20 per package. It includes a smoloskyp (torch) pin and a bookmark indicating smoloskyp significance, the Constitution and By-Laws, a brief history booklet, a brochure about the organization, a sample issue of Promin, and the protocol for forming a UWAC honour guard at Memorial and Funeral services.

Certificates and Smoloskyp Pins are available for presentation for every 5 years of membership up to, and including 80 years of membership in the Ukrainian Women's Association of Canada. The pin costs $10 and each bar costs $5. (The UWAC-Alberta Provincial Executive sells a fifty-year pin for $5.)

Branch Certificates will be awarded to UWAC branches celebrating significant anniversaries. Please let us know when your Branch is celebrating a special milestone so that we can forward a certificate in recognition of the occasion.

A NEW Certificate is now available for presentation to a non-member, male or female, who has made exceptional contribution with his/her voluntary support or assistance to a UWAC branch. You can acknowledge their dedication with this special certificate. Thank you to Vera Melnyk of Toronto for suggesting that such a certificate be produced.

Shipping costs apply! When requesting any of the afore-mentioned items from the National UWAC Office, please allow adequate time for assembling orders and shipping.

Items for Sale at Convention

It is our plan to have a kiosk with items for sale at the Convention in Winnipeg so, please bring your chequebooks! In addition to the items mentioned above, we will have copies of My Icon Book and the new History of the Ukrainian Women's Association of Canada on sale, along with Promin subscriptions.

~ Lesia Perritt, President

DEADLINES!

Please note that the deadline for submissions for our August - September issue is

June 20, 2017.

Upcoming submission deadlines are:

Oct - Nov issue – August 20, 2017
Dec - Jan issue – October 20, 2017
Feb - Mar issue – December 20, 2017

For more information contact: bridgesl@telus.net

Editor's Note:
Cliff Perritt's 'pysanka' on page 35 of our April/May 2017 issue is more correctly called a 'drapanka' or 'shkrabanka'. It is etched.

Dear Editor,
Enclosed please find my subscription fee for 2017. My husband and I both enjoy the interesting contents of the magazine. A recent phone call from a former member drew my attention to an error in the article in the December 2016/January 2017 issue, "North Battleford Honours UWAC Ladies". First, North Battleford is in Sasaktchewan, not Alberta. Second, the Lesia Ukrainka Branch of Redfield disbanded in 2007, not 1997 as printed. My apologies to Tracy, who sent in the article.
I have a collection of Promin from the beginning in 1960. If anyone wants back copies, you are welcome to come and take them because I will need to recycle them soon. Keep up the good work.
Sincerely,

Olga Nikiforuk,
North Battleford, SK

Editor's Note: My sincere apologies for the errors pointed out by Olga! The approach by highway (from the west) to North Battleford is stunning, in my opinion. As an Albertan, I must have unconsciously coveted it. Also, I will make sure that the National Executive is made aware of your back copies of Promin—I am not sure that their Promin archive is complete and this would be a great opportunity to acquire the set. May I pick them up on my way to the Convention in Winnipeg this summer?

I am enjoying Promin immensely. Great job.

Jean Mekitiak,
Calgary, AB

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Dear Betty,
Thank you so much for your prompt response. It was nice to talk to you, too. I love Promin; the ladies are doing a fabulous job. A very Happy Easter to you and your family.

Rosalia Sametz,
Richmond Hill, ON

Very interesting.

Elsie Kubow,
St. Catharines, ON

Dear Promin,
Слава Ісусу Христу!
Every time the new Promin arrives, my heart takes a little jump of pride and joy. It makes me so happy to see this lovely sorority of women grow and flourish. Thank you for the terrific work you do and may God's Grace be with you always! Blessings on your journey to Paska and onward,

Marusia Koszarycz,
Calgary, AB

I enjoy reading the Promin articles.
Sincerely yours,

Ollia Kowcz,
Montreal, QB

Dear Lesia,
It is with great pleasure that I submit to you our donation for the Promin publication. The level of professionalism and interesting articles has improved significantly. Leona Bridges is doing an excellent job as editor. Your board is working very hard at this and we have encouraged everyone in our branch to subscribe.
Keep up the good work. We look forward to contributing and sharing our work with the rest of Canada through Promin.
Z Bohom,

Slavka Sametz-Chewchuk,
First VP, Kn. Olha Branch,
St Volodymyr Cathedral
Toronto, ON

Enjoy your publication; great information. Wishing you great success and keep up the great work and information provided,

Helen Kitt,
Sherwood Park, AB

Always enjoy your interesting publication—so many good values one can learn from. Best of luck in your publishing and hope everything goes well.
Sincerely,

Pauline Kindrachuk,
Vernon, BC

Dear Editor of Promin,
I'm making a donation in loving memory of my sister Doris Maleschuk. I miss her very much even though I only saw her once or twice a year!
Also, many thanks to Ethel Tacey of Calgary for submitting a biography of Doris to your February/March 2017 issue.
I enjoy your magazine very much—all the best,

Olga Graham,
Ottawa, ON

Dear Promin Staff,
Thank you for a wonderful magazine. Enclosed please find my renewal and a donation to Promin. Best wishes,

Nadia Dankowich,
Oakville, ON

Thanks for useable, modern information along with bits of history and tradition. Well done!
Sincerely,

Laara Tayler,
Burnaby, BC

Христос воскрес!
Шановна пані Леона,
Дякую за таку цікаву та змістовну весняну пташку! Ви чудово пов'язали традиційне та нове для різних зацікавлень. Дай Боже здоров'я та витривалости всій вашій редакції.
З пошаною і подякою,

Олена Латишко,
Етобікок, ОН

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

ADMINISTRATOR'S CORNER

Letter from Betty Corlett

Dear PROMIN Subscribers,

Time for a little news from the administration department once again. This issue was prepared using new publishing software, so our look has changed a bit and staff are still getting used to the new program.

My sincere thanks to all of you who have sent in your subscription renewals in a timely fashion, often renewing for two or more years. And to those who were a little behind, your payment of arrears is appreciated, as are your donations to the Press Fund and your "In Memoriam" donations. I want to thank you as well for the gift subscriptions you are sending. Promin is a lovely present and good value. I send a letter or email to all recipients indicating who their gift is from, along with your contact information.

Here are some statistics from the last 12 months. Subscription renewals totaled **322**, new subscriptions (including gifts) were **25**, press fund donations- **57** and memorial donations- **48**. Thank you. Promin continues with your great support!

We received a renewal for $40 for two years recently. **It came with a form cut out from a 2006 Promin issue and was sent to Hamilton!** The mail was returned to the sender who realized her error and sent her original cheque and an additional $10 to our Edmonton address. In a similar situation, a renewal for a United States address came with a cheque for $35 and the rate for US subscriptions was changed to $50 last summer. If you do not want to cut the renewal form from your current issue, please just send all the required information on a piece of paper. A photocopy of the form with your remittance cheque will also work. You will notice that the Subscription Form has changed somewhat and now includes space for donations to the Press Fund and In Memoriam. Please see **page 33**.

All branches should have a PROMIN Convenor. At my branch, Lesia Ukrainka at St. Elia in Edmonton, Anne Doskoch handles this portfolio. She calls each woman to remind her of subscription expiry, collects subscription fees and sends in the renewal information, along with her own personal cheque to cover all subscription renewals. I congratulate Eustine Kereliuk, PROMIN Convenor at the Lesia Ukrainka Branch in Two Hills, AB for doing the same and having two-thirds of her members subscribe! Each branch should consider getting one copy sent to the president or parish so Soyuzanky can take a look at PROMIN during a meeting or work bee. They will likely want their own copy!

Thank you for understanding that the onus is on **YOU** to renew your subscription based on the expiry date shown on the mailing label. **The database will be updated in August and your name will be removed if your subscription is not up to date.** You are welcome to call or email me with any questions or concerns.

Your Sister in Christ,
Betty Corlett,
Promin Administrator
bettycor@telus.net
780-932-9727

Meet the National Executive

NATALKA DONNA (EWASIUK) KOWALISHIN

Donna Kowalishin, a member of the Ukrainian Women's Association of Canada since 1971, is presently the Past President of the St. John's Cathedral Branch of Soyuz and also serves on the UWAC National Executive as Secretary (2015 to present). She is also an active member of the Cathedral Choir.

Donna was born in Edmonton, Alberta to Nicholas and Lesia (Lillian) Ewasiuk. Her brother, Dennis, lives in Victoria, BC. Her grandparents, Dionisi and Elizabeth Ewasiuk and Dmytro and Maria Ferbey were all Ukrainian pioneers. The latter owned and operated the Ukrainian Book Store in Edmonton.

Donna grew up in Edmonton in St. John's Cathedral parish, attending Sadochok, Sunday School, Ukrainian School and Ukrainian dancing lessons. She was active in CYMK and held executive positions at both the local and provincial levels.

Donna is an accomplished pianist, a student of Valentyna Dobrolige, among others. She received her ARCT Piano Teacher's Degree in 1967 and taught piano lessons part-time for a number of years.

As a teenager, Donna attended Camp Bar-V-nok, both as a camper and counselor, sang in the church choir, joined and danced with the Ukrainian Shumka Dancers and attended St. Andrew's College summer school. She graduated from the University of Alberta with a Bachelor of Science in Pharmacy in 1968.

Donna's accomplishments in the field of pharmacy are extraordinary, culminating with being awarded an Honorary Life Membership in the Alberta College of Pharmacists. She worked as a community pharmacist in various pharmacies in Edmonton from 1968 to 2013, serving as staff pharmacist or pharmacy manager. She was also appointed in 1996 to the National Advisory Panel on Community Pharmacy for Novopharm Ltd. and worked in Membership Development for Health Outcome Pharmacies in Calgary, Alberta. In 1996, Donna completed a Special Project associated with Grant MacEwan Community College (now University) involving field placement of Russian pharmacists in the Edmonton area during their year-long study of Administration of the Health Care System in Canada. In 1997, she travelled to Salekhard, Siberia with other health professionals to present at a conference on "Health Care in Canada". She also worked for several years as a Teaching Assistant and Clinical Instructor at the Faculty of Pharmacy and Pharmaceutical Sciences at the University of Alberta.

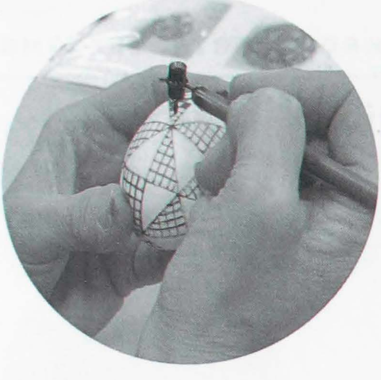
A member of the Fédération International Pharmaceutique (FIP), Donna participated at the First Conference to address Pharmaceutical Competence sponsored by FIP/NABP in Amsterdam in November, 1993.

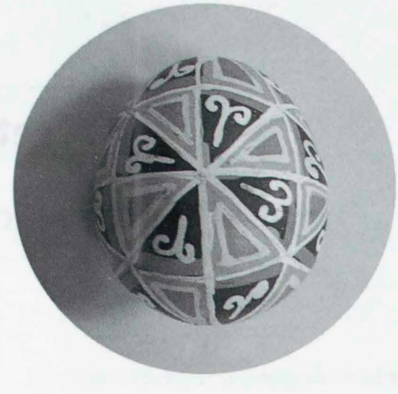
As a member of the Canadian Pharmacists Association, Donna served as President from 2002-2003, as Member of the Board of Directors (and Executive Committee) 1994-2004 and as Member of the Board of Directors of the Pharmacy Examining Board of Canada 2002-2003. She served as Chairperson and/or member of various Committees of the CPhA, including Awards, Council of Delegates, Community Pharmacy Affairs and Audit Review. Additionally, Donna served on committees and executives at the provincial level of the Pharmacists' Association.

Donna married Dennis Kowalishin in August, 1968 and raised two children: Katherine (Tusia) and Stephen. She taught Sunday School at St. John's Cathedral for a number of years and has been an active member of UWAC, filling many positions over the years and serving as President three times. Together with Dennis, Donna was active as a parent volunteer in the Ukrainian Bilingual Program while both children were in elementary school in the Ukrainian Bilingual Program.

Donna was a member of the Board of Directors of St. Andrew's College in Winnipeg from 1995 – 2000.

Dennis and Donna were named Honorary Members of St. John's Cathedral in 1999. They are the happy grandparents of Mark, Daniel, and Vanessa Rachmistruk, and Lauryn and Lana Kowalishin.



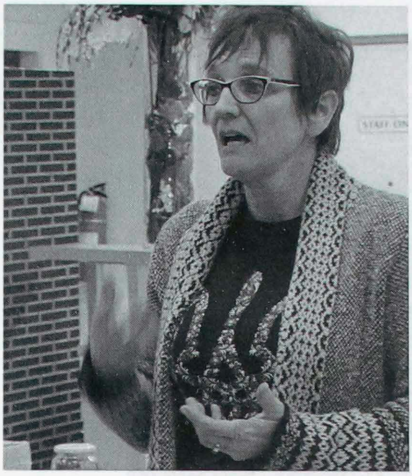


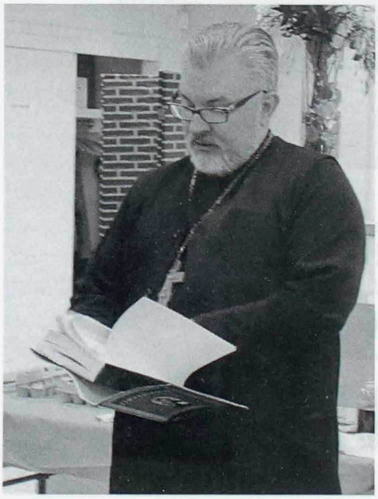
NEWS FROM OUR BRANCHES

UWAC ST. JOHN'S BRANCH FULFILLS RESOLUTION #3

On March 3, 2017, members of the UWAC St. John's Cathedral Branch in Edmonton sponsored the first in what is to become a series of events held annually during the Great Lent at St. John's Ukrainian Orthodox Cathedral parish. Ladies' Night Prayer and Pysanka saw women from St. John's parish, including staff, parishioners and members of Soyuz, coming together for an evening of prayer and pysanka writing. Sacred music played in the background while Lesia Pohoreski, Co-President of the Branch, instructed attendees in the making of a "Sorok-Klyntsiw" or "Forty Triangles" pysanka. She was assisted by Dobr. Diana Semotiuk.

In *Pysanka: Icon of the Universe*, this design is termed "transitional". It was written in pre-Christian times, reflecting the lifestyle of pagan Ukrainians. Each triangle was assigned a specific meaning, for example, worship of the heavens (sun, moon, stars), or of the elements (water, earth, fire, air), affairs of husbandry (ploughing, seeding, sprouting, ripening, harvest, threshing), crops (flax, hemp, vegetables, fruit, honey and cattle-raising) or family affairs (births, health, weddings, child-rearing, travel, deaths). Adopted by Christian Ukrainians, the pysanka acquired new meaning. Rather than the forty tasks of life, the triangles represented the forty days of Lent, the forty days of Christ's fasting and the forty martyrs.





Top left to right: *Lesia Pohoreski instructs; MaryAnn Baziuk concentrates; Christine Zwozdesky in action.*
Bottom far left: *Father Cornell inspires to prayer.*
Bottom left: *Pysanka writers.*

While the ladies worked on their pysanka, Rev. Father Cornell Zubritsky, invited by the Speaker Series' chairperson, Christine Zwozdesky, presented a power point presentation about increasing one's prayer life, one of the three major activities that should be emphasized by Orthodox Christians during the Great Lent. The other two activities are almsgiving—which can also take the form of volunteering one's time to visit the sick or lonely—and abstinence. Father Cornell distributed copies of The Prayer of St. Ephraim (look for it at www.antiochian.org/christianeducation) and supplied those present with a list of websites useful in enhancing one's prayer life:

1. www.ancientfaith.com
2. www.coffeewithsistervassa.com
3. www.orthodoxprayer.org
4. www.youtube.com (for Eastern Orthodox music)
5. www.orthodoxmom.com

Father Cornell also reminded participants of the "Jesus Prayer": "Господи, Христе Боже, Сину Божий, помилуй мене грішної." He also mentioned that ideas for Lenten meals can be found by using Google or Pinterest.

During the course of the evening, the ladies drank tea and enjoyed goodies provided by the Speaker Series Committee of the Branch.

A peaceful, soul-cleansing evening of sharing in a traditional Ukrainian activity was enjoyed by all. Lovely pysanky were produced by both experts and total beginners alike.

Leona Bridges

Tkachuk, Mary, Kishchuk, Marie and Nicholaichuk, Alice. Saskatoon, SK: Pysanka: Icon of the Universe, Ukrainian Museum of Canada, 1977, p. 20.

NEWS FROM OUR BRANCHES

МОЯ МОТАНКА
MY MOTANKA DOLL

On Saturday 25 March, 2017 the UWAC, Kn. Olha Branch at St. Volodymyr Ukrainian Orthodox Cathedral, Toronto, organized a master class teaching the ancient craft of creating a reeled doll – a lialka-motanka.

In ancient times, the doll was a symbol of female wisdom, imbued with beauty and positive energy, a talisman that protected the family. It is considered to be one of the most ancient toys and sacred items of the Slavic people.

The motanka deliberately does not have a face. In its place is a cross, which symbolizes harmony of the vertical (spirituality) and horizontal (earthly development of the human), thereby helping to bring harmony to a place.

The motanka is never sewn, only reeled/tied. It is crafted with different wishes or intentions, for example, wishes for a happy family, for success, for health, for goodness and harmony. These talismans always carried positive energy within themselves.

The master class was taught by artist, Tetyana Salo, who graduated from the University of Lviv in Fashion Design. Pani Tetyana, who moved to Canada from

Ukraine 16 years ago, was described by class participant, Slavka Chewchuk as being "VERY patient", "brilliant" and "charming".

Ten women registered for the class: Rosalia Sametz, Slavka Chewchuk and Katya Chewchuk represented three generations of their family. Rosalia and Slavka are both members of UWAC, Kn. Olha. Eugenia Melnichuk, Luba Popova, and Raya Juchymenko are also members of Kn. Olha. Katya Matkowskyj is a member of St. Volodymyr Ukrainian Orthodox Cathedral Parish. We were delighted that Olesia Romanko, head, Levada Women's Choir (Toronto) and Hanya Martyniw and Marusia Bylskyj, both members of the Ukrainian Catholic Womens' League, Toronto, participated in our master class.

Rev. Father Bohdan Sencio joined us for a delicious Lenten lunch prepared by Kn. Olha members Marika Shapka, Ann Moskaluk and Vera Melnyk. The lunch gave everyone a chance to socialize and get to know each other better.

Slavka Chewchuk, 1st VP, Kn. Olha, thanked Vera Melnyk, chair, Cultural/Educational Committee for organizing this wonderful event and the artist, Pani Tetyana, for providing such a great experience. Vera Melnyk also thanked Pani Tetyana and then thanked Marika Shapka, Ann Moskaluk and our honourary member, Ihor Prociuk, for all their hard work in helping to make this event a success.

"Moya Motanka" master class provided an excellent opportunity for our members to learn more about our interesting and rich culture as well as to meet and socialize with Ukrainian women outside our Kn. Olha Branch!

Vera Melnyk, Chair
Cultural/Education Committee
UWAC, Kn. Olha Branch, Toronto

The SUS Foundation of Canada's New Initiative— **A Triumph!**

The **S** (Soiuz) **U** (Ukraintsiv) **S** (Samostiinykiv) Foundation of Canada has, through the generosity and foresight of current and past donors, members, and friends, staunchly fostered the preservation and teaching of Ukrainian Canadian culture to Canadians of all backgrounds.

For 52 years, SUS Foundation has quietly supported all the Ukrainian Orthodox institutes –St John's, Petro Mohyla, St. Andrew's and St Vladimir and various museums across Canada (particularly in Saskatoon and Toronto), summer camps – Green Grove, St. Sophia, Barvinok, Trident, Kolomayka, Osvita, language programs, history books, several films and the various component organizations of the Ukrainian Self-reliance League of Canada as well as the Ukrainian Orthodox Church of Canada. (The Kereluk exhibit and the display windows of the Ukrainian Museum of Canada in Saskatoon are examples of some of the many projects that have received financial assistance from the Foundation.)

Supporters of the Foundation have created an endowment fund that has grown to almost $2 million. An almost equal amount of money, generated by the interest from this fund, has been bestowed upon the afore-mentioned projects and organizations.

For many years, there has been much talk about the absence of youth in the Church. The directors of the SUS Foundation of Canada boldly stepped

"Support the young people you know in getting to the Convention this summer and don't forget to come yourself! It's a great opportunity to renew old acquaintances, re-live those memories of making special friends, meeting your future spouse, learning to sing the old Ukrainian folk songs, getting to know your fellow Canadians (be they Easterners or Westerners!). "

forward in Calgary in 2015 with an action plan. They challenged members of USRL/CYC National, UWAC, TYC and CYMK to match their pledge and help create a position for a paid National Youth Organizer. This challenge has been met. The National Youth Organizer has begun to reach her goal— re-invigorating youthful interest in becoming a part of the lay organizations which uphold the Church and providing youth with a sense of community and an outlet for its creative energy.

Christina Kowalenko's efforts have resulted in much discussion across the country and, most recently, in the resurrection of a past CYMK branch in Eastern Canada and in the creation of a potential second branch in Western Canada before this year's convention. She has increased adult awareness of the endeavours of Orthodox youth and has clarified young people's concept of an ideal organization of their own.

Religious retreats have been held. There have been many hours of meetings with individuals, including members of the clergy and Orthodox youth. Organizational updates have occurred. The following have been created: a new website, newsletters, social media interaction, local start up kits and a revised advisor's manual. Additionally, a full program for both senior and junior CYMK members and their guests has been created for this year's Convention in Winnipeg (August 10-13), spearheaded by both the local CYMK and a reinvigorated National CYMK executive. Attendance and participation is being encouraged for both members and guests to encourage new members to join.

There is still much work to be done. Rome was not built in a day! To this end, Assistant National UOY Organizer, Yuri Hladio, has been hired to help Christina.

Yuri Hladio

Yuri currently resides in Winnipeg. He brings to the position abundant enthusiasm, extensive training, and experience in dealing with young people. He has spent six years at All Saints' Ukrainian Orthodox Camp, first, as a cabin counselor through to becoming Assistant Program Director. Yuri has a strong religious background. He plans to pursue religious studies in the fall. While living in Winnipeg, he has founded a theatrical improvisation student group and a Pan-Orthodoxy Adult group.

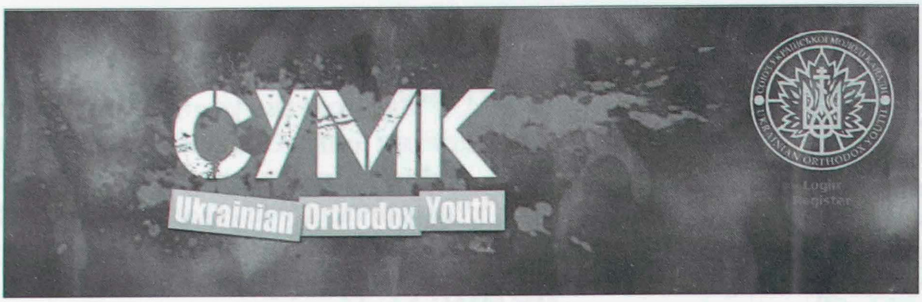
Yuri will be working with Christina to resurrect more CYMK branches and to encourage youth involvement in the Ukrainian community. He will concentrate particularly on Junior CYMK, as well as encouraging any and all Orthodox youth to attend the Convention in Winnipeg.

The SUS Foundation of Canada is appealing to its supporters and to those of the Ukrainian Orthodox Church of Canada to get behind the efforts of Christina and Yuri to achieve a re-invigorated, vibrant youth presence in our Ukrainian Orthodox community.

Support the young people you know in getting to the Convention this summer and don't forget to come yourself! It's a great opportunity to renew old acquaintances, re-live those memories of making special friends, meeting your future spouse, learning to sing the old Ukrainian folk songs, getting to know your fellow Canadians (be they Easterners or Westerners!).

And thank you for your contribution to sponsoring the National Youth Organizers!

William Strus, President,
SUS Foundation of Canada



CYMK

SPECIAL EVENT FOR YOUTH LEADERS AND YOUTH WORKERS

"DISCOVERING UNITY! 2017 YOUTH CONVENTION"

Winnipeg, MB – CYMK-UOY National Executive launches a 5-day innovative convention program at the **Biennial National USRL Convention**, designed specifically for youth interested in starting and improving a youth group at their parish, as well as for adults dedicated to youth programming.

Hosted at the Delta Hotel in downtown Winnipeg, the program features a series of workshop sessions including financial management skills, promotion and advertising skills, and conflict resolution skills. The program runs Wednesday August 9, 2017 through Sunday, August 13, 2017, culminating in a mass-choir at the Divine Liturgy. Young men and women ages 13-22+ are invited to participate, as well as parish youth workers, parish council presidents, parish priests, and current CYMK advisors. This event is an opportunity to form new relationships, share ideas and common interests, and join efforts in creating a vibrant youth program.

Registration costs are all-inclusive (activities and meals). The Early Bird youth registration rate is $225 until May 9, 2017, after which it is $290. Adult registration is $390. A block of hotel rooms is reserved for a discounted rate of $145 +taxes. See www.cymk.ca/convention2017 to register and for more information.

About CYMK-Ukrainian Orthodox Youth

The event is organized and hosted by CYMK-the Ukrainian Orthodox Youth group of Canada, established in 1931. Their aim is to mentor hard-working young people of the Ukrainian Orthodox community so that they become leaders with a strong base in their faith, culture and ties to their community. All local youth groups are active members of their parishes, whether donating money for windows, vestments, chandeliers or orphanages, or planning and leading social-events for the parish.

"The Convention is an event that everyone needs to experience at least once! Not only do attendees get to explore a new city and new people, but they get to experience the ties that bring people together in close community..."

- Liza Zienchuk,
National CYMK-UOY President

With an enriching and uplifting environment, the Convention is an excellent opportunity where youth can connect and experience the power of being united in a family of volunteer organizations. All who attend return home inspired to start their own service projects. Register today at www.cymk.ca/join-us!

Bride 1913

125

STORIES OF IMMIGRANT WOMEN

Celebrating Women and Alberta's Year of the Ukrainian-Canadian

Josephine Carrie Stefanowich Faryna

NOTE
All ten photos are authentic and feature Josephine or one or more of her family members.

To further commemorate the 125th Anniversary of Ukrainian Settlement in Canada, to honour pioneer women and to mark 2017, Alberta's Year of the Ukrainian-Canadian, the Alberta Provincial Executive of the Ukrainian Women's Association is collecting 125 stories about women who arrived in Canada during any one of the five waves of Ukrainian immigration.

My paternal grandmother, Josephine Carrie Stefanowich Faryna (Осипа Каєтанна Стефанович Фарина), was a first-wave Ukrainian immigrant to Canada. She was among the first Ukrainian families to settle in Western Canada in Stuartburn, Manitoba in December, 1896. Josephine was two years old. Her parents, Konstantin and Katherine Stefanowich, hailed from the village of Tlumach, Ukraine, a few kilometers from what is now Ivanofrankivsk. They were encouraged to come to Canada by Eleniak and Pylypow.

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ALBERTA
POOL

Josephine or Josie became a true twentieth-century woman, embracing progress and new inventions. By the time she passed away on January 22, 1992, two weeks short of her 98th birthday, Josephine had experienced a multitude of changes, particularly in the field of transportation.

In 1896, she and her family arrived in Quebec City on the ship "Cecilia". They went by train to Stuartburn, where Josie met her future husband, Harry Faryna (Григорій), in school. Josie went on to attend a convent school in St. Boniface, Manitoba, where she became fluent in French. Harry became a lifelong employee of Canadian National Railways. When he proposed marriage in 1913, Josie got on a train to join him in Alberta. The rail line ended in Vermilion, so Uncle George Karmalita went to fetch the young bride by ox cart, delivering her to Northern Valley.

Travelling by horseback or buggy was common in those early days in Alberta. Josephine took many rides in a democrat pulled by horses and when Harry bought a farm, the hayrack. The family took advantage of the ferry to cross the North Saskatchewan River. At Elk Point, a cage was a means of getting across the river before Spring breakup.

The family soon acquired a Model T Ford (1924) and, as Harry had to work on the railroad, Josie learned to drive it. She also ran the farm, first ploughing the land with a team of magnificent workhorses. Replacing the Ford, a 1937 Lafayette became a favourite with the whole family.

Thanks to her husband's many years of service to Canadian National, Josephine had a free pass to travel on the railroad. She made frequent trips to visit her siblings in Winnipeg and further south in the USA. She and Harry looked forward to attending world fairs like the one in Chicago in 1933. They marveled at the accomplishments of the 20th Century, including the latest train locomotive.

Later in life, my Baba became one of Canada's first joggers. She had to cross a large field (which happened to be across the street from our house) to get to the Edmonton Transit bus stop. We would frequently see Baba Faryna trotting along to catch the next bus.

I made the mistake of mentioning that Baba would soon be going south for a visit to her brother and would, no doubt, be taking the train. "Oh no!" came the response, "Too slow!" Baba had graduated to airline travel.

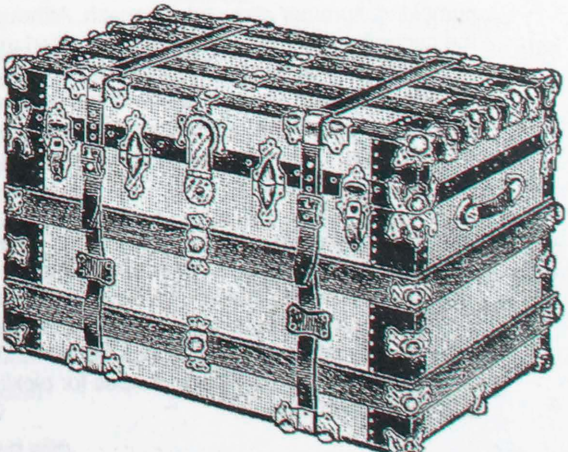
Nothing perturbed her. She accepted without reservation advances in technology.

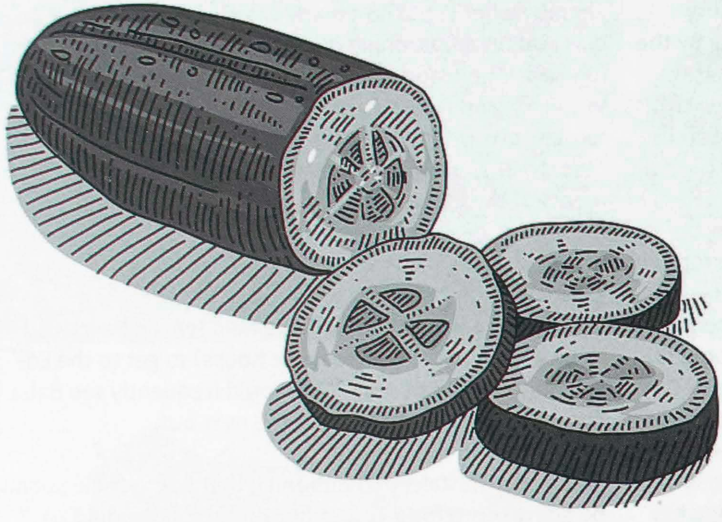
Her attitude rubbed off. Her 95-year-old daughter, Katherine, enjoys an iPad and especially Facebooking. May that attitude long be remembered!

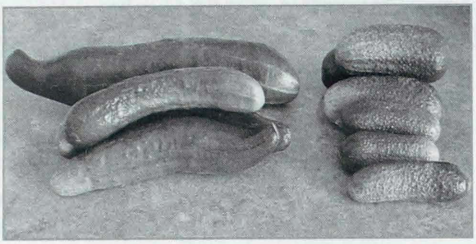
Leona Faryna Bridges

OPPOSITE

From top left clockwise: Mother 1921; Democrat; Model T Ford 1924; Hayrack; Cage; Ferry Crossing; Lafayette 1937; World's Fair Chicago 1933; Team of Workhorses.







Top: Cool Breeze Cucumbers Ready To Pick, Photo by Vivian Skakun

Bottom: Sweeter Yet and Cool Breeze Cucumbers, Photo by Vivian Skakun

For the Love of Gardening

PICKLING AND SLICER CUCUMBERS

Introduction. Cucumbers (Cucumis sativus) are part of the cucurbit (Cucurbitaceate) family. This family includes cucumbers, gourds, melons, pumpkins, summer and winter squash. Although the cucumber is a fruit botanically, it is used as a vegetable. It is served as an appetizer, in salads, as a cold or warm soup, in sandwiches, as a condiment and can be sautéed. Cucumbers originated in India and Pakistan, but now are grown and served the world over.

Content. In this article, I will provide brief notes about nutritional value, list several types and varieties of cucumbers and include my favourite pickling and slicing cucumber. In addition to gardening information about growing and harvesting cucumbers, I will also include recipes for pickling and slicing cucumbers.

Nutritional Value. Vitamin K in cucumbers helps to improved bone density. Cucumbers are low in calories, contain vitamin C and are mostly water, making them useful for hydration. Fiber, silica, magnesium, and potassium are the nutrients found in its skin.

Types and Varieties of Cucumbers. Slicing and pickling cucumbers are two main types; the burpless cucumber is sometimes included as a third type. The slicing type is long and smooth; the pickling type is short and has a bumpy surface. Varieties of slicing cucumber include Armenian (63 days to maturity), Marketmore (65 days), Raider (50 days), Dasher II Hybrid (55 days), and Straight Eight (65 days); varieties of pickling cucumbers include Regal (48 days), Cross Country (52 days), Homemade Pickles (55 days), and National Pickling (56 days). My preferred pickling cucumber is Cool Breeze Hybrid (45 days) as it has the shortest number of days to maturity and

it produces an abundant crop; my preferred slicing cucumber is Sweeter Yet Hybrid (48 days) as it is sweet, the skin is thin, dark-green and is not bitter. These two seed varieties can be purchased from seed catalogues such as T&T Seeds in Winnipeg, Manitoba, and Early's in Saskatoon, Saskatchewan. Veseys Seeds catalogue in Charlottetown, Prince Edward Island only has the Sweeter Yet Hybrid. Check your local seed houses or the internet for other sources.

Cultural Requirements for Growing. Cucumbers are best planted at the same time as beans and summer squash. As cucumbers are frost-sensitive, it is best to direct-plant at the frost-free date for your area. We have taken our chances and planted a week or two before this frost-free date with success. The air and soil temperatures need to be warm. Soil temperatures less than 66°F may result in poor germination. Cucumbers require a sunny location, lots of moisture and fertile soil. I prefer not to plant in mounds. Instead I gently pull away soil along the row to create a flat twelve-inch wide ditch and scatter seeds about 4 inches apart along the row, zigzagging back and forth. Cover the seeds with one-quarter to one-half inch of soil. In ideal conditions, seeds will germinate in seven to ten days. Keep the plants weed-free.

Harvesting Cucumbers. Pickling cucumbers should be picked when they are three to five inches long. Slicer cucumbers can be picked when they are ten inches or more. Cucumbers will continue to produce if they are picked regularly. Check for cucumbers under the foliage. Slicer cucumbers can be grown on a trellis. The advantage of using a trellis is that slicers will grow straight instead of curling and the mature cucumbers are easier to see. Stressed plants produce bitter cucumbers. To reduce heat stress, water regularly. Try cutting the tips off cucumbers that are bitter and rubbing the ends with salt. I have never tried this, but this kitchen wisdom is supposed to draw the bitterness out. To avoid oversized cucumbers, pick them every other day. If the weather is cooler it will take longer before the next picking is ready. Harvested cucumbers are best used as soon as possible for the best results.

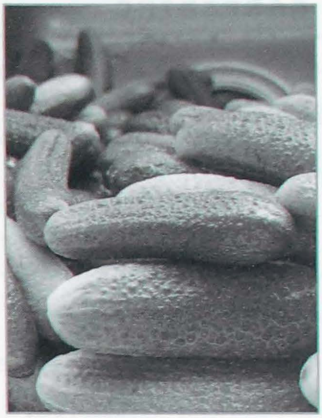
Favourite Pickle Recipes. My three favourite pickle recipes are chow-chow, old-fashioned counter top, and bread and butter. The recipes follow:

Old-fashioned Counter-top Pickles.

When my grandmother made these fermented pickles, she packed cucumbers in a crock or a gallon jar; added dill, garlic, and spices, poured brine over the cucumbers, and placed a weight on the top to keep the cucumbers submerged. Fermentation time varied depending on the strength of the brine and the range of temperature. Suitable temperatures for fermentation can be 60–75°F. Curing at temperatures over 80°F is not recommended, as this can cause microorganisms to grow, making the pickles soft. This recipe evolved from the days when my grandmother made pickles using brine without vinegar to my mother's adaptation of adding vinegar to reduce fermentation time. When cured, store the pickles in a cold room or refrigerator. To keep the dill pickles cold, my mother used to store jars of dill pickles in five-gallon pails that were lowered into an old-fashioned farmyard water-well.

Ingredients for One Quart:

Pickling cucumbers about
  3-4 inches long
Carrots, washed and quartered
Dill weed flower, stem, and
  green fern, washed
Garlic cloves, peeled, sliced
Pickling salt
Pickling spices
Vinegar
Crushed red chili pepper
  flakes (optional)
Cherry, grape, or horseradish
  leaves (optional)
Water simmering seasoned with
  one tablespoon pickling spice

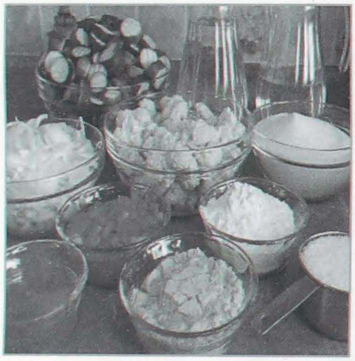


Washed Cool Breeze Cucumbers Ready for Pickling - Photo by Vivian Skakun

Ingredients for Old Fashioned Counter-Top Pickles - Photo by Vivian Skakun

Method:
Wash, trim both ends, and pierce cucumbers with a sharp knife. Be sure to trim enough of the blossom end off. Place washed dill weed, stem and flower in the bottom of a quart and pack prepared cucumbers to fill the jar. Include quartered carrots to add colour and to fill the spaces between the cucumbers. Add one-tablespoon pickling spice. For a hot flavor add ¼ teaspoon or less crushed chili pepper flakes or one small chili pepper. Add another stem, ferns and flower or seed head on top of the cucumbers. Savella

Ingredients for Chow-Chow - Photo by Vivian Skakun



Measured Ingredients Ready To Make Chow-Chow - Photo by Vivian Skakun

Straining Hot Vegetables Before Combining With Mustard Sauce - Photo by Vivian Skakun

Stechishin, author of Traditional Ukrainian Cookery, suggests adding cherry, grape or horseradish leaf to keep the pickles crisp. Add sliced garlic after the hot brine is added.

Brine preparation for one quart. To ¾ cup hot seasoned boiling water add one-teaspoon vinegar and one-tablespoon pickling salt. Stir until the salt is dissolved. Pour this brine into the quart of prepared cucumbers. Add simmering seasoned water to fill the jar. Shake the jar back and forth to blend the brine with seasoned water. Set the jar of cucumbers in a shallow container on the counter. Cover lightly with a glass lid and keep on the counter for three to four days or more depending on how sour you like the dill pickles. Reserve some of the seasoned water to add to the jar if required during the curing time. When the curing process is complete, secure the cover with a lid and refrigerate. These dill pickles are not processed.

Chow-Chow

Ingredients:

1-cup Keen's dry mustard
3½ cups sugar
1 cup flour + 2 tablespoons
4 teaspoons turmeric
½ teaspoon paprika
5 cups white vinegar (generic)
3 cups water
Dash cayenne if desired

4 quarts cucumbers cut in chunks
1-quart onions sliced
1 cauliflower (about 8 cups) separated into pieces
1 sweet red pepper (seed and cut in pieces)

Brine:

1-gallon water (16 cups)
1-cup coarse pickling salt

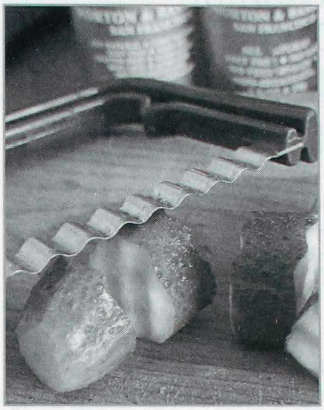
Procedure. Wash and prepare the vegetables. To prepare the brine, boil sixteen cups water and one-cup coarse pickling salt. Pour the hot brine over the cucumbers, sliced onions, and cauliflower and cover. Do not include the red peppers at this time. Leave these vegetables in this brine for half an hour.

Preparing the Mustard Sauce. Next prepare the sauce and have it ready before the half hour is up. In a stainless steel or enamel pot mix the dry mustard, sugar, flour, turmeric, paprika, vinegar, water, and cayenne. Stir well, bring to a boil and simmer this sauce for about 4-5 minutes. Rice flour can be substituted for wheat flour for a gluten free product.

Combining Vegetables and Sauce. Strain the vegetables. Place them in a stainless steel or enamel pot and pour the hot sauce over the vegetable. Add the red pepper at this time. Stir well and bring all these ingredients to a boil. Once the vegetables and sauce have come to a boil pack in hot jars and seal with snap lids that have been prepared according to manufactured instructions. Process in a hot water bath for five minutes. Leave on the counter to cool. Do not disturb for 24 hours. The lids will be indented when sealed.

Mustard Sauce Combined With Strained Vegetables - Photo by Vivian Skakun

Crisp Bread and Butter Pickles



Crinkle Cutting Tool Used to Cut Cucumber Chunks - Photo by Vivian Skakun

Ingredients:
20 cups sliced cucumbers
5 cups sliced onions
1/4 pickling coarse salt
4 cups vinegar
2 cups sugar
2 tsp. turmeric
2 tsp. mustard seed
1 tsp. celery seed

Method. The following method for this recipe has been adapted from Linda Ziedrich's Bread and Butter Pickle Recipe. Wash and prepare the ingredients. Slice the cucumbers about 3/8th inches. I use a wavy crinkle cutting tool with a handle to cut my cucumbers. In a nonreactive pot that is enamel or stainless steel sprinkle ¼ cup course salt between the layers of cucumbers and onion. Top off the vegetables with two trays of ice. Cover and leave for three to four hours.

Bread and Butter Pickles - Photo by Vivian Skakun

Prepare the Brine. Simmer the vinegar, sugar, turmeric, mustard seed and celery seed.

Filling the Jars. Strain the onions and cucumbers and pack into hot sterilized jars that have some hot brine in them. Fill each jar to the neck and add more hot brine to cover the vegetables. Cover with lids prepared according to package directions and seal. Process in a hot water bath for five minutes.

Old Fashioned Counter Top Pickles - Photo by Vivian Skakun

Slicer Cucumbers are best used fresh, not pickled. Most often we limit cucumbers to salads. But this versatile vegetable can be served in sandwiches made of cucumber slices, cream cheese, thin red onion slices and lovage; or as a soup made of blended cucumbers, Greek yogurt, garlic, lemon juice and mint served in a glass; or as a cucumber dip as in the following recipe.

Recipe for Ann's Cucumber Dip Served with Deep-Fried Zucchini Sticks.

Grate one long slicer cucumber, sprinkle with salt and set in a colander for one hour to drain. Squeeze out moisture, and add one-cup sour cream, two cups yogurt, three cloves crushed garlic, one-teaspoon salt, one-quarter teaspoon pepper, and one-tablespoon parsley to the grated cucumber. Chill and serve with deep-fried zucchini sticks prepared by dipping in a beaten egg and dredging in a mixture of bread crumbs (¼ cup), parmesan cheese (¼ cup), flour (2 tablespoons), seasoned with garlic powder, pepper, and salt.

Good Cucumber Companions are smoked salmon, quinoa, rice, yogurt, sour cream, buttermilk, or cream cheese, seasoned with dill, parsley, lovage, chives, mint, chervil, tarragon, cilantro or cumin. Happy Gardening! Bon Appétit! Смачного!

Vivian Skakun

National Biennial Convention of the Ukrainian Self Reliance League (USRL/CYC)

Honouring Our Past ~ Designing Our Future;
Шануймо Наше Минуле ~ Розвиваймо Наше Майбутнє

As a component organization of USRL, the Ukrainian Women's Association of Canada (UWAC) will conduct its Biennial AGM and participate in the Convention Program.

Thursday, August 10 to Sunday, August 13, 2017

Location: Delta Marriott Hotel, 350 St. Mary Avenue, Winnipeg, MB
Registration Deadline: June 30, 2017; there is an extra charge for late registration
Number of UWAC Delegates: Every UWAC Branch is urged to send delegates to the Convention. All branches are allowed at least two. For larger branches, after two delegates are selected for the first 10 members, another delegate may attend for each additional 25 members.

UWAC Delegate Verification: By **June 30, 2017**, please compile a list of their approved branch delegates and send it by email to lesiadp@shaw.ca or mail it to:
UWAC National Office, 10611-110 Avenue, Edmonton, AB T5H 1H7.
Name of Branch: Name of Church: City/Town: UWAC Delegates:
Verification: President's Name or Signature

USRL/CYC 2017 Biennial Convention Program
Winnipeg, Manitoba, 2017, August 10th to Aug 13th

<u>**Convention theme:** 'Honouring Our Past - Designing Our Future'/'Шануймо Наше Минуле - Розвиваймо Наше Майбутнє'</u>

Thursday, August 10th	Friday, August 11th	Saturday, August 12th	Sunday, August 13th
	7:00 am - 8:00 am Continental breakfast Registration/information	**7:00 am - 8:00 am** Hot breakfast Registration/information	**8:00 am - 5:00 pm** Conference office **8:30 am** Bus to Church
9:00 am - 4:00 pm Registration/information	**8:00 am - 5:00 pm** Conference office	**8:00 am - 5:00 pm** Conference office	**8:00 am - 4:30 pm** Luggage Storage
10:00 - 12:00 noon Trident Press Ltd. (Ukrainian Voice) Shareholders Meeting	**8:30 - 11:30 am** UWAC/CYK, USRA/TYC and Other Organizations' Concurrent Business Sessions **11:30 – 12:00 noon,** Presentation by National Youth Organizer	**8:30 am - 10:00 am** SUS Foundation of Canada, AGM **8:30 am - 10:45 am** CYMK-UOY Business Session **10:00 - 11:00 am** Ukrainian Museums **11:00 am - noon** UWAC/CYK, TYC/USRA and other organizations' wrap-up sessions	**9:00 am** Hierarchical Divine Liturgy at the Holy Trinity Metropolitan Cathedral, 1175 Main St., Winnipeg
12:00 noon Lunch on one's own	**12:00 - 1:15 pm** Lunch Presentations by the Institutes	**12:00 - 1:15 pm** Lunch Address and USRL/CYC History Book Launch Address and Book Launch: UWAC/CYK History Vol. II, 1976-2001	**12:00 - 1:30 pm** Buffet at the Holy Trinity Metropolitan Cathedral
12:00 noon - 4:00 pm Order of St. Andrew, AGM **1:00 - 4:00 pm** Tour of the Museum of Human Rights (optional)	**1:30 - 3:00 pm** Start of the USRL/CYC Annual General Meeting (AGM) **3:00 - 5:30 pm** CYMK-UOY **3:15 - 5:30 pm** Round Table Discussion on restructuring and feedback	**1:30 - 5:30 pm** USRL/CYC AGM Continues Reports, elections, resolutions (including Motion regarding restructuring) and closing remarks	**1:30 pm** Closing remarks by His Eminence Metropolitan Yurij and by President elect
5:00 pm Supper on one's own		**6:15 pm** Photo Opportunity	
5:45 - 7:00 pm Current USRL/CYC Structure and Restructuring Models (PowerPoint Presentations and Hand-outs) **7:00 - 7:45 pm** Moleben **8:00 - 8:45 pm** Official Opening **8:45 pm** Reception	**6:30 - 9:00 pm** Dinner Program - Inspirational Speaker on Community Building Awards of Excellence Presentations	**6:30 pm - 8:30 pm** Banquet, 90th Anniversary of USRL/CYC - Speaker: History of USRL/CYC, Celebrating past leadership and achievements Banquet closing, CYMK improvisation **8:30 - midnight** Zabava arranged by CYMK-UOY	
	Hospitality 9:00 – 12:00		

August 10 - 13, 2017 | **NATIONAL USRL (CYC) CONVENTION** *held at the Delta Hotel Winnipeg* | **Winnipeg, MB**

REGISTRATION: Delegates or Guests $ 390.00/person *Late Registration $ 450.00/person

- **CYMK Delegates and youth Guests register directly with National CYMK at: cymk.ca/convention2017**

Registration includes:

Thursday	Wine & Cheese Reception
Friday	Continental Breakfast, Lunch, Banquet, Hospitality Room
Saturday	Hot Breakfast, Lunch, Banquet
Sunday	Bus to Church for Hierarchical Divine Liturgy

REGISTRATION DEADLINE: JUNE 30, 2017

***Late Registration will be accepted until July 15, 2017. No registrations will be accepted after this date.**

Please arrange for your accommodations at: **Delta Hotel Winnipeg,** 350 St. Mary Ave, Winnipeg, MB R3C 3J2 **(204-942-0551)**
Identify yourself as a delegate/guest for the **"USRL CONVENTION 2017".** **(Toll free 855-516-1090)**
A block of rooms for Convention guests will be held until July 8, 2017; after this date rooms will be on a "Space Availability Basis".

Mail completed registration form with payment to: **USRL Convention 2017**
#2305-1265 Leila Ave.
Winnipeg, MB R2P 0G3

Make cheques payable to: **USRL Convention 2017**

Please detach and return.
Please complete one Convention Registration Information form for *each* Convention Attendee.

CONVENTION REGISTRATION INFORMATION (PLEASE PRINT)

Surname________________________ Given Name________________________

Street Address________________________ Town/City________________________

Province____________ Postal Code:____________ Telephone Number: (_____)____________________

Email Address________________________ Cell: (_____)____________________

Please check one: ☐ Delegate ☐ Guest

Please check all that apply:

☐UWAC ☐TYC ☐Institutes ☐Museum ☐SUS Foundation ☐St. John's Fraternal Society

☐National Executive ☐Provincial Executive ☐Local Branch Executive If applicable, Executive Position: ____________

Will you attend the Order of St. Andrew BGM, Thursday, August 10 (circle one) **Yes** **No**

Please complete Additional Information form for each Convention attendee.

ADDITIONAL INFORMATION:

- Will you, Convention attendee, be attending Sunday Brunch at the Church? (circle one) **Yes** **No**

Sunday Brunch (at the Church) tickets - #________ @ $20 = $__________

- Please indicate the following, if applicable: *Extra* Dinner tickets, Friday Evening - #________ @ $50 = $__________

Extra Banquet tickets, Saturday Evening - #________ @ $75 = $__________

Ticket(s) for tour of Canadian Museum of Human Rights on Thursday, August 10 - #________ @ $35 = $__________

\+ Basic Registration Cost = $__________

- List special food requirements:

Total Amount Enclosed: $______________

60th National Convention of the Ukrainian Self-Reliance League of Canada

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WINNIPEG

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or
Saturday August 12, 2017

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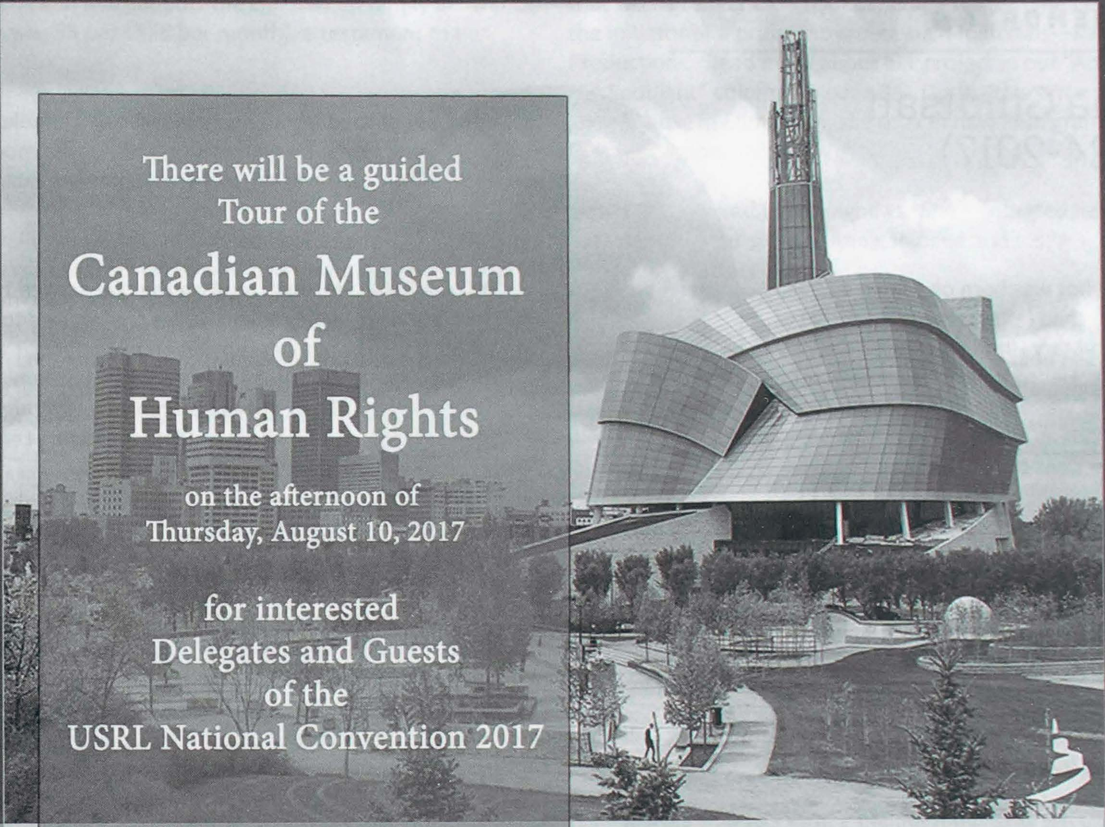
http://www.marriott.com/hotels/travel/ywgdw-delta-hotels-winnipeg



There will be a guided Tour of the

Canadian Museum of Human Rights

on the afternoon of Thursday, August 10, 2017

for interested Delegates and Guests of the USRL National Convention 2017

The cost is $35 per person

(includes Museum admission and transportation by bus from the Hotel to the Museum and back to the Hotel). The allowed maximum is 25 people per group. To reserve and pay for your spot for the tour, please do so on the Convention Registration form (see "Additional Information" box at the bottom of the page).

COME BE INSPIRED

We invite you to come be inspired at the Canadian Museum for Human Rights. We offer something for everyone, from children to seniors.

With 11 galleries, guided tours, interactive experiences, thought-provoking programs and creative use of mobile technology, you'll want to come see us again and again.

USING THE RAMPS

The Museum offers a journey from darkness to light. You enter the Museum at ground level, into a space that has a subterranean feel. You gradually work your way higher on a series of inclined ramps that reveal more and more daylight. There are six levels of exhibits and 11 galleries.

The unique architecture parallels a human rights journey – it requires some effort and has a few twists and turns, but can be very rewarding to complete.

Wear comfortable shoes if you are walking and keep your camera ready – natural light combined with lit, alabaster-covered ramps is always a favourite for photographers.

Lena Gulutsan (1924-2017)

Lena Hryhor was born on March 4 1924, the third child (after Anna and Morris) of John and Mary Hryhor, in Sheho, Saskatchewan. Her mother managed a farm; her father was a farmer, too, but he also had periods as a dealer in muskrat fur. John describes the birth:

"On March 4, 1924 our third child arrived. We named her Wasylena. As usual, the midwives were my mother and our neighbour, Mrs. Zwozdesky. She made a cross over her, as was the religious custom of those days. After bathing Lena, she wrapped the baby in a blanket and bound her from head to foot with a band that was about 25 feet long. It was believed that children's bones would not grow strong and straight unless they were bound as infants."

The family did well. John bought a used Model T Ford in 1926. In 1928, they even had a threshing machine. During "News Period" in the one-room school, Lena announced that the stork had brought her another brother, Bill. However, sadly, drought and the Depression followed.

All the children had to be bathed in the same tub of water, which was then used to water the garden. The family seeded in 1931, but the seed didn't even sprout. So, in 1932, it was decided that they would leave Sheho and go to homestead in an area called Blue Jay, 21 miles east of Nipawin and seven miles from Carrot River. Lena wrote a song about it:

Sadly the sun is rising
as the hour draws nigh
Nature is sympathizing
for it's time to say good-bye.

"Grandpa and Grandma,
extend your hands.
Bless your dear children
As they leave for distant lands."

Lena participated in the move, helping to push the wagon through mud on the rain-soaked trail. Rain and blackflies contributed to the family's moving on to Meteor, Saskatchewan, north of Aylsham. Things began to improve, although, in 1933, all six children, including Lena, got chicken pox simultaneously.

At their new school, most of the kids spoke English only. Lena had been used to Ukrainian or bilingual friends up till then, so it was a bit like being a new immigrant with all the difficulties that implies. One consolation was that the other minority group at the school -- the Germans -- was friendlier.

Good harvests were a high point (even 60 bushels an acre in some years), as were rare trips to Nipawin. On one such trip, Lena made the mistake of spending her precious 50 cents on bananas. She was scolded for this frivolous behaviour!

In those days, to complete high school, one had to go to Saskatoon. John Hryhor commented that, "Lena insists that she wants to live at Mohyla Institute and take Grade 12 in Saskatoon. My relatives and neighbours heard that I had sold a cow to help send a girl away to high school and they openly ridiculed me. They thought I was a fool, wasting my money on a girl's education when all she would do is get married. However, I knew I was doing the right thing." And indeed, while studying at the Institute, Lena met her future husband, Metro Gulutsan.

By 1945, Lena was teaching school, near Rosthern, near Meteor and in Tarnopol. Shortly afterward, she married Metro and saw him only on weekends and during holidays as he pursued a bachelor's degree at University. He received a grant to study at the Mental Health Institute in Toronto and Lena accompanied him there. In 1949 and 1950, they became the parents of two sons—William and Peter.

Further moves took them to Weyburn, Saskatchewan, to Yorkton and to Moose Jaw, where a daughter, Lona, was born to them.

In the late fifties, Metro proposed his going to Berkeley, California to get a PhD. It was decided that Lena would stay in Saskatchewan and support the children on family allowance (which was $5 per child per month), a testament to her thrift!

To supplement this income, Lena went back to teaching in a one-room school, taking her infant daughter along. She taught Grades 1 through 6, just north of Keeler, Saskatchewan.

The family occasionally travelled back and forth to Berkeley to visit with Metro. Lena, who had never seen the inside of a barroom, put a nickel into a slot machine at a café in Nevada. Lights began flashing; bells began ringing. Whereupon Lena, turned to her offspring and advised them to remain calm and walk slowly to the nearest fire exit. She hadn't realized that she'd won the jackpot!

When Metro secured a position at the University of British Columbia in Vancouver, Lena's role as principal breadwinner came to a halt and she was able to put her time and energy into volunteering in the parish. They made a final move to Edmonton in 1962. Dr. Metro Gulutsan worked at the University of Alberta in the fields of Educational Psychology, and Central and East European Studies.

Lena herself graduated with a degree in Education from the University of Alberta.

On April 6, 1979, Metro was killed in a car accident near Maidstone, Saskatchewan. Lena carried on. She taught at Windsor Park School in Edmonton and later at Holyrood School, always in primary grades. Many of her students from those days remember fondly the teacher who was always patient, always ready with an answer and always willing to help where needed.

Teaching within the Ukrainian Bilingual Program, Lena became aware of a shortage of quality teaching materials that would reflect Ukrainian Canadian reality. She became the initiator of a project to create such materials—Kazka Productions. Read more about her project in our "Artist in the Spotlight" column on page 35. During this same period, in her house in Edmonton, she took in new immigrants from Eastern Europe.

Lena finally retired in her eighties. She celebrated her 90th birthday with her sisters: Anna, Pauline and Iris.

On February 21, 2017, Lena passed away at the University Hospital in Edmonton. The Prayer Service was held on February 26 and the Funeral Service was held on February 27 at Saint John's Ukrainian Orthodox Cathedral. Interment took place at Evergreen Memorial Gardens. Wasylena leaves behind her three children, six grandchildren and five great-grandchildren.
She lives on in her books, in her descendants and in Heaven.

Вічне спочивання даруй Господи,
І світло віковічне нехай їй світить.
Нехай спочиває у мирі.

Lena was an avid reader and storyteller. The family of Lena Gulutsan extends a thank you to Promin for the years of enjoyment Lena had in reading this magazine. She treasured the time spent reading and discussing articles in Promin.

Вічна їй пам'ять!

Peter Gulutsan and Lona Ani
on behalf of the Gulutsan Family

IN MEMORIAM

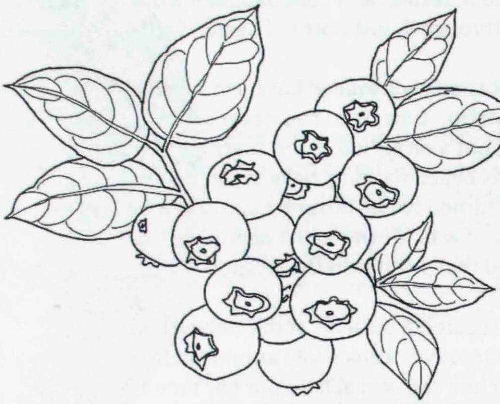
Софія Василишин

У світлу незабутню пам'ять нашої дорогої матері, Софії Василишин, яка упокоїлася 16-го квітня, 2002 р. в місті Едмонтоні, Альберта. Висловлюємо нашу щиру вдячність і пошану за безмежну любов і мудрість, яку наша дорога мама постійно надавала нам, та за її невід'ємний вклад у заснування журналу "Промінь", який вдержився та процвітає понад 50 років пізніше. В її пам'ять, складаємо пожертву в сумі $100 як нев'янучий вінок на журнал "Промінь".

Дочки Даруся Кір і Христина Улян

More on Blueberry Picking and Mushrooms

Editor's Note: The author of this article is the daughter of Ukrainian Canadian pioneers. Several of her articles were published in Promin in 2015. Here is another such gem. Berry and mushroom gathering seasons will soon be upon us!



One summer day in August, our friends Doug and Mary Kindiak asked us to go to Nestow to pick blueberries. They picked us up with our lunch pails and away we went. The trails were good there and Mary knew where to go, as she grew up there. We came upon a little hill and the place was just blue. In no time at all our pails were full.

Walking back to the camper was not too far. I looked down and here there were turds among the blueberries. (Imagine us speaking in Ukrainian) I asked Mary "What is this?" She told me that it was bear turds. I never walked so fast to a safe place because I was really scared. Never again would I go back there, no matter how many blueberries there were.

Luckily, my dearest friend, Mary, has been bringing me blueberries for many years now. I am so very grateful to her. I just had a few blueberry pyrohy the other day and she had picked them. God Bless her!

Of course, the greatest unspoken Ukrainian secret of all time is: never tell anyone where your blueberry patch is because others will come and pick all your blueberries!

My mother, Sophie, was in her 80's when we asked her if she wanted to go berry picking. Of course, she said yes. With arthritis crippling her, Mom could hardly walk. When she got to the blueberry patch, it was like a miracle. She could walk like a young woman. She picked a few and she was in her glory, most likely remembering her earlier days with her friend, Natalka.

Travelling home, we prayed that a car would not come around, as the horses would be frightened and try to run away. We made it okay.

Towards the end of May, we went to pick morels. They grew mostly among large black poplars. They were a real tasty dish, as they had no worms. Being brown and looking like little Christmas trees, they were easy to spot. They were called "smoorzhi" in Ukrainian.

The end of June brought the red tops or "kozaree", a real hardy mushroom. You had to pick them young, as the flies liked them too and laid maggots on them. You cleaned for hours, but the end result was so tasty with cream, garlic, dill and onions.

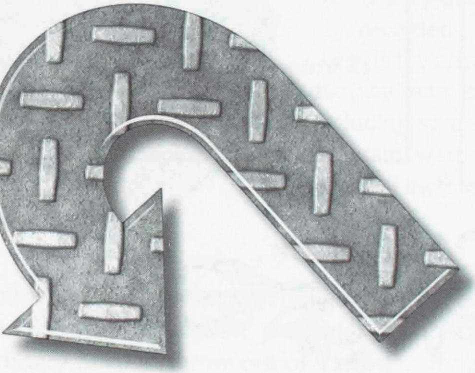
Caroline Malayko

The Alberta Benevolent Cantor Association

THE ALBERTA BENEVOLENT CANTOR ASSOCIATION provides training and resource material for cantors in Ukrainian Orthodox parishes. We welcome all interested individuals to become members and those who wish to train as cantors.

Alberta Benevolent Cantor Association
11837 – 66 Street
Edmonton, Alberta T5B 1J2
Telephone (780) 990-0019
info@albertacantors.ca
www.albertacantors.ca

St. Romanus, the melodist



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ARTIST IN THE SPOTLIGHT

Lena Gulutsan— **Kazka Productions**

In 1980, the late Lena Gulutsan (see "In memoriam"), a primary school teacher in Edmonton, Alberta, initiated a project that became Kazka Productions. These "Disney-quality" booklets and a CD of all the music recorded are still available for purchase. Go to www.artbylarisa.com. Only the book, Snow Folks, an original song by Lena, is sold out. A multitude of talented Canadians, including students and teachers of the Ukrainian Bilingual Program, were involved in producing the projects. Their names will be found in the credits of each publication.

Kazka Productions began producing bilingual (Ukrainian and English) story/music packages in 1980. The primary purpose grew out of a need for quality instructional materials that would assist teachers and parents with the teaching of Ukrainian to young learners.

The creative team, Lena Hryhor Gulutsan (author), Gene Zwozdesky (composer) and Larisa Sembaliuk Cheladyn (illustrator), worked together to produce a series of five "read-and-sing-along" books based on traditional Ukrainian folk songs and original Canadian-Ukrainian musical stories. Colourful pictures, lively music and printed verse in Ukrainian and English were combined to fascinate children of all ages.

The first created was The Mosquito's Wedding followed by Snow Folks Song, Vesnivka – Spring Serenade, The Enchanted Christmas Tree and Sing-a-long Treasures. These Canadian best-sellers have found their way into the schools and homes of thousands of children around the world including Canada, Australia, Argentina, England and Ukraine.

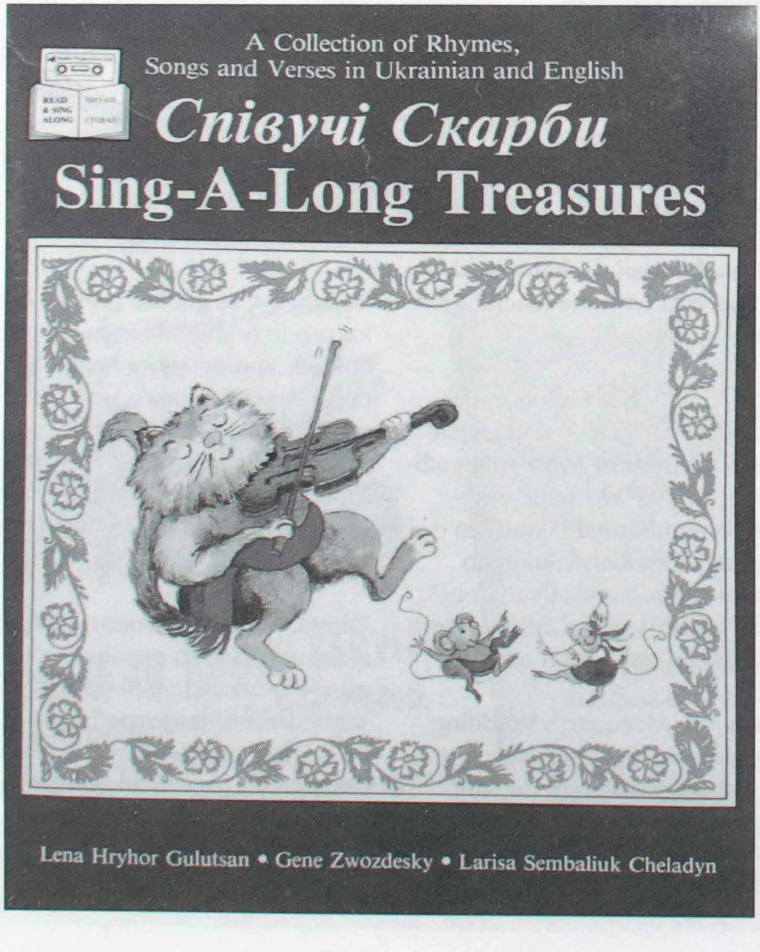
In fulfilling its goal to present interesting stories for use in bilingual language instruction and cultural appreciation, Kazka has also enabled non-Ukrainian speakers to share in the rich and diverse traditions celebrated by Ukrainians throughout the world. This type of cross-cultural sharing has been at the heart of Kazka's philosophy and is emphasized in each project undertaken.

Фірма Казка Продакшнз готувала двомовні (тобто українсько-англійські) музично-оповідальні проекти з 1980 року, задовольняючи потребу учителів та батьків у якісних педагогічних матеріалах для викладання української мови молодшим учням.

Спільними силами творчої команди, до якої входили автор Василина Ґулуцан, композитор Євген Звоздецький та художник Лариса Челядин, побачила світ серія з п'яти книжок "Вчимося читати та співати", базована на традиційних українських народних піснях та автентичних українсько-канадських музичних оповіданнях. Яскраві малюнки, жвава музика і вірші друковані українською та англійською мовами привертають увагу дітей будь-якого віку.

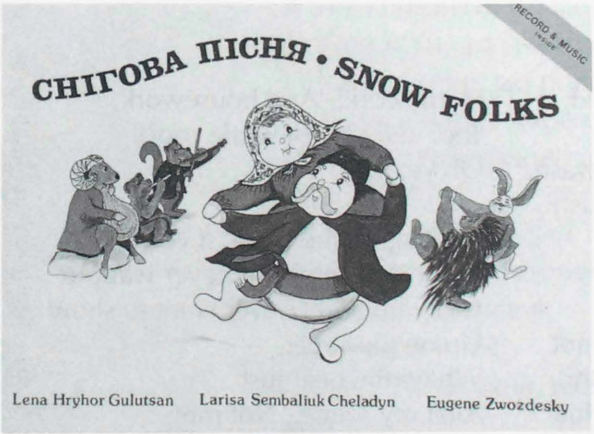
Першою була видана "Ой, що ж то за шум", а після неї "Снігова пісня", "Веснівка", "Зачарована ялинка", та "Співучі скарби". Ці канадські "бестселери" стали популярними в багатьох школах та родинах по цілому світі, влючаючи Канаду, Австралію, Аргентину та Україну.

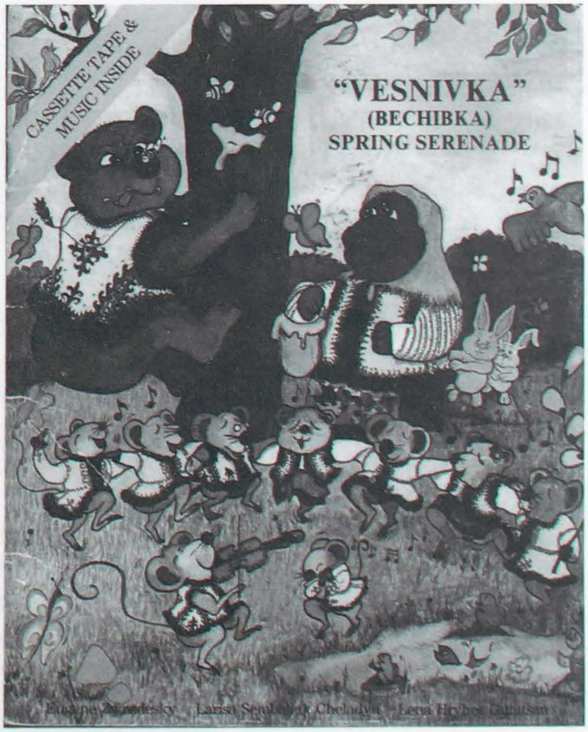
Метою Казки Продакшнз є подача цікавих історій у двомовному навчанні і культурній просвіті. Завдяки цьому неукраїномовні учні також можуть збагнути багатство та різноманіття українських традицій по цілому світі. Такий спосіб міжкультурної взаємодії став підвалиною філософії Казки і підкреслюється в кожному її проекті.

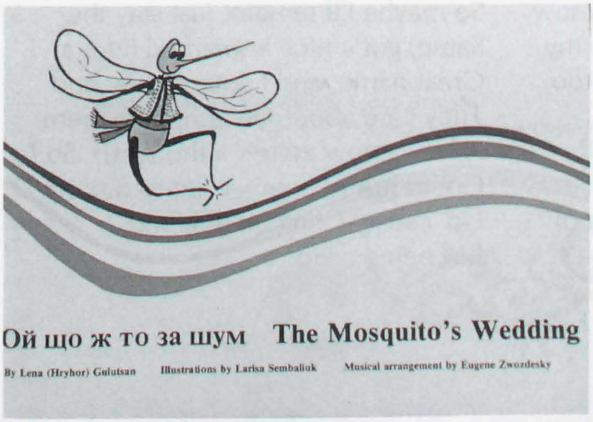


Kazka Productions Presents
Співучі Пригоди
Sing-A-Long Adventures

An Original Canadian-Ukrainian Musical Story
Зачарована Ялинка
The Enchanted Christmas Tree
Lena Hryhor Gulutsan • Gene Zwozdesky • Larisa Sembaliuk Cheladyn


RECORD & MUSIC INSIDE
СНІГОВА ПІСНЯ • SNOW FOLKS
Lena Hryhor Gulutsan
Larisa Sembaliuk Cheladyn
Eugene Zwozdesky


CASSETTE TAPE & MUSIC INSIDE
"VESNIVKA"
(ВЕСНІВКА)
SPRING SERENADE


Ой що ж то за шум
The Mosquito's Wedding
By Lena (Hryhor) Gulutsan
Illustrations by Larisa Sembaliuk
Musical arrangement by Eugene Zwozdesky

In The Mosquito's Wedding, a story which combines joy and despair, children experience Ukrainian wedding traditions.

Snow Folks tells the story of a "baba" and "dido" made of snow, who came to life and performed traditional dances.

Spring Serenade is a celebration of how plants, animals and people reawaken after a long winter.

The Enchanted Christmas Tree involves transforming an ordinary evergreen tree into something beautiful.

Sing-a-long Treasures and Sing-a-long Adventures present classic Ukrainian folk songs for all occasions along with original songs.

Lena Gulutsan also wrote When Cousins Meet and Deedo's Children, books about her own family.

The very clever Gene Zwozdesky, Lena's nephew, inspired by Lena, penned what may be the only children's Ukrainian rap song in existence. It appears within the collection: Співучі скарби. Here are his lyrics in English and Ukrainian.

It's Tough to be a Kid
Music:
Van Wilmott
Lyrics:
Gene Zwozdesky

You know, it's tough to be a kid.
There's just so much to do.
Wake up in the morning and wash,
Get dressed, then eat, then brush
my teeth, like wow!

Then go, go to school and
Listen and learn a lot, but I'm not
Sure what. Keep a tidy desk and
Don't talk back and don't do this
And don't do that. Huh!

But then I hear the bell and I know
That all is well so I go and see my
Buds, and they like to see me too,
And we walk, and we talk
Kind of real cool. R-e-a-l cool!

Then we stroll around the school
Like ducks around a pool but it's
Cool. Then it's home
Again to watch the tube, do a bit of
Homework. (Homework?)
Homework! And housework,
Too. (Not housework, too?)
Oh yeah!

It's tough to be a kid, if you see
What I mean. But I never want to
Grow up and I never want to show
Up on the street
Where the beat just
Ain't my scene. Not me!
Oh, no sir-ee!

So maybe I'll remain, just stay the
Same, got a nice home and I got a
Great name, and I got a family and
They care about me and I like them
A lot. (Now there's a thought!) So I
Got to just remember not to flip my
Lid 'cause it ain't all that bad
Just being a kid.

Виростати
Трудно
Музика:
Вена Вільмотта
Слова:
Євгена
Звоздецького

Може бути трудно, коли
батьки
Уже забули, як трудно
виростати,
Бо їм давно уже минули ті роки,
Коли вони самі були малими.
От що!

Їм не дуже легко це усе
Запам'ятати, як вони хотіли
Спати, але треба було
встати та
Іти до умивальні лице й руки
Умивати, ще й як!
Ось так! (Ось так?) Так, так!

А тоді спішити, бо ще й треба
Добре їсти, але не будьщо—о,
Ні! Тільки те, що подають.
Агі! Та й зараз через двері,
Мов то стрімголов ганяти.
(Шусь!) Ага!
Прямо нам до школи треба
Поспішати, бо там чекає
Пан та всі учителі,
Що вчать у тій
Школі. Не можна запізнитись
або

З кимось там сваритись.
Та де!
(Та де?) Не те! (А що?)
Ге, ге, ге.

Тільки треба вчитись, та
й ніколи
Не баритись, на нікого не
Дивитись, як ти маєш щось
Робити. От що! (От що?)
То, то! (Го, го!)

Тоді назад додому, де вже нас
Чекає домашня та робота що
Кінця ніяк не має. О ні! (О, ні?)
Н-н-н-н-ні! Агі!

Але як це їм сказати, бодай їм
Пригадати, що я люблю їх дуже,
Але треба пам'ятати, що може
Бути трудно, коли батьки уже
Забули як трудно
виростати, бо
Їм давно уже минули ті роки,
Коли вони самі були малими.

Researched and compiled by Leona Bridges
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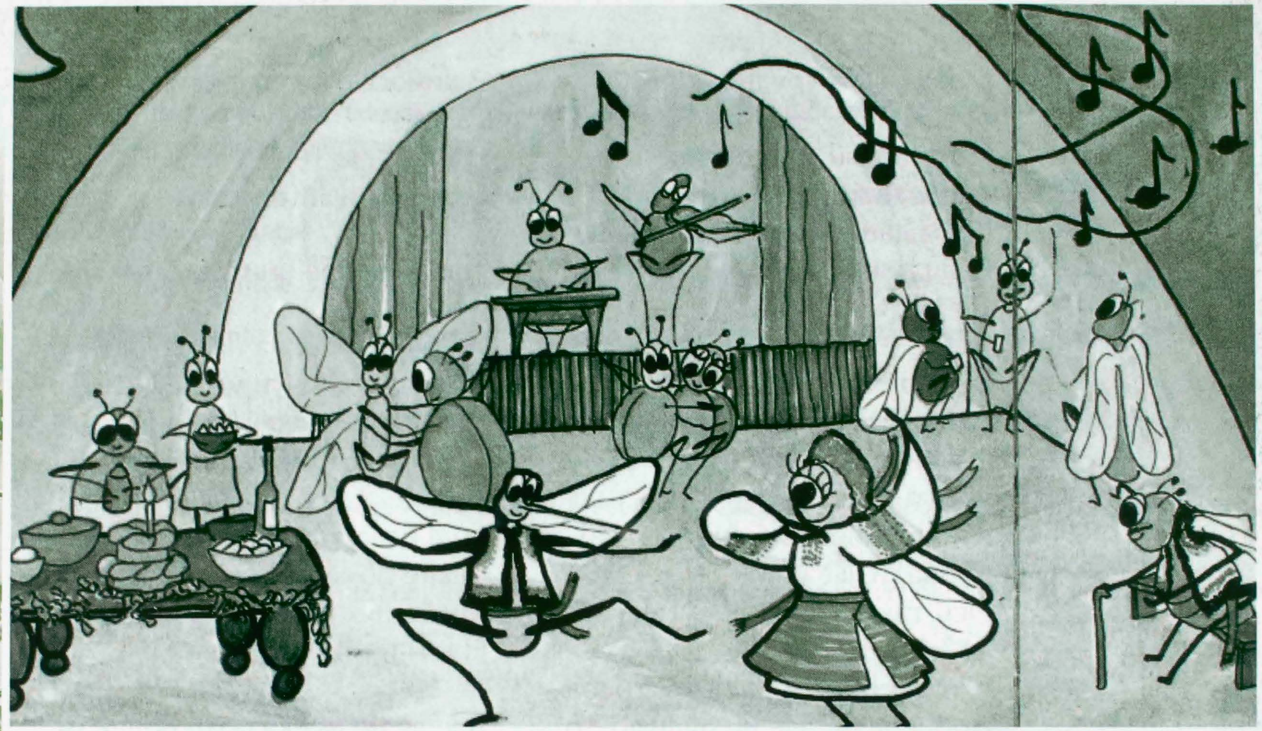

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